

MEMORY COACH:
TRAIN AND SUSTAIN A
MEGA-MEMORY IN 40 DAYS

DR. GARETH MOORE



The *Memory Coach* is a book comprised of useful techniques, exercises and tips that will help you ensure that your memory never lets you down again. From general-purpose memory workouts to exercises that help with specific issues, the book is packed with information and strategies for day-to-day life, while providing a guided plan for progression over forty days.

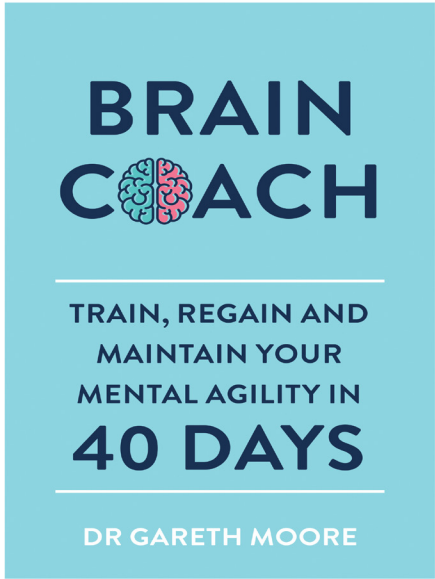
Train your brain and your memory to remember PIN numbers, acronyms and even to create memory palaces. *The Memory Coach* is here to help you build a sharper, more focussed, bigger and better memory.



TRAIN AND SUSTAIN A
MEGA-MEMORY IN
40 DAYS

DR GARETH MOORE

Published on 10th January 2019
£9.99 | Paperback
Michael O'Mara Books



BRAIN COACH

TRAIN, REGAIN AND
MAINTAIN YOUR
MENTAL AGILITY IN
40 DAYS

DR GARETH MOORE

BRAIN COACH:
TRAIN, REGAIN AND MAINTAIN YOUR
MENTAL AGILITY IN 40 DAYS

DR. GARETH MOORE



In *The Brain Coach*, Dr. Gareth Moore has developed a series of exercises, techniques and tips to help overcome problems such as mental fatigue and anxiety, as well as increase brain function and build mental agility.

The book contains exercises for specific issues as well as a brain workout for every day designed as a 40-day programme that will optimize the performance of your brain, and teach you: how 'downtime' for your brain can enhance your mental powers; how to spark your creativity; how to improve your vocabulary for clearer thinking; and how to deal with unhelpful brain responses.

Published on 10th January 2019
£9.99 | Paperback
Michael O'Mara Books

Dr Gareth Moore (B.Sc (Hons) M.Phil Ph.D) is the internationally best-selling author of a wide range of brain-training and puzzle books for both children and adults, including *Anti-stress Puzzles*, *Ultimate Dot to Dot*, *Brain Games for Clever Kids*, *Lateral Logic* and *Extreme Mazes*. His books have sold over a million copies in the UK alone and have been published in 29 different languages. He is also the creator of online brain-training site *BrainedUp.com* and runs the daily puzzle site *PuzzleMix.com*.

Dr. Gareth Moore is available for interview.

For more information, please contact:
James Beedle | Press Officer

james.beedle@mombooks.com | 0207 819 5935



@OMaraBooks



www.mombooks.com



@omarabooks